

## What is stress, anxiety and depression?

- **Stress:** Any type of change that causes physical, emotional, or psychological strain. Can be caused by both positive (ex: new job, moving, planning a wedding) and negative events (ex: death of a loved one, losing a job, financial problems.)
- **Anxiety:** Emotional reaction to stress that is normal.
- **Anxiety Disorder:** Anxiety that is persistent, excessive, uncontrollable, disabling, and/or interferes with daily life.
- **Depression:** Feelings of being sad, hopeless, irritable, or lack of interest/pleasure in life. It is normal to have depression occasionally.
- **Depressive Disorder:** Depression symptoms that last more than 2 weeks and/or interferes with regular daily activities.



## Symptoms of Anxiety & Depression

- Sleep problems
- Low energy.
- Frequent illness.
- Racing heart rate.
- High blood pressure.
- Headaches.
- Muscle tension and aches.

## Self-Treatment for Stress

- Take a break- practice relaxation through meditation, listening to music, getting a massage, talking to a friend, praying, etc.
- Limit alcohol and caffeine.
- Exercise daily.
- Eat well balanced meals.
- Get enough sleep.
- Practice deep breathing, counting to 10.
- Give back through community service, volunteering, etc.
- Maintain a positive attitude.
- Learn your anxiety triggers.

## Treatments for Anxiety and Depressive Disorders

- Seeing a therapist.
- Medications.
- Relaxation techniques including meditation, breathing retraining, progressive muscle relaxation, exercise.

## Suicide Prevention Resources

- 1-800-273-TALK
- Text 741741

Sources:  
[www.HabitsforWellbeing.com](http://www.HabitsforWellbeing.com)  
 Anxiety & Depression Booklet by Anxiety and Depression Association of America [www.adaa.org](http://www.adaa.org)  
 How to deal with Stress and Anxiety Sheet by Anxiety and Depression Association of America [www.adaa.org](http://www.adaa.org)